

5 A Day Recipes

Soups and Salads

Pea Salad with Curry and Almonds

Serves 4

Provides 1½ vegetable servings per person

I make this wonderful salad with sweet spring peas. This vegetable is rich in fiber, protein, iron, and flavor. Sometimes, for convenience, I like to use frozen peas. These are great because they are usually frozen at the height of their seasonal flavor. Start with 2 cups of these thawed petit peas. Add 1 cup chopped jicama, 1 heaping tablespoon of finely chopped purple onion, and 2 tablespoons of chopped toasted almonds. Dress with ¼ cup light mayonnaise mixed with ¼ cup of nonfat plain yogurt, a teaspoon of curry powder, a pinch of cayenne, salt, and pepper. This is a salad your family will love and it provides each person with 1½ servings of vegetables.

- 2 cups thawed petit peas
- 1 cup peeled and chopped jicama
- 1 heaping tablespoon finely chopped purple onion
- 2 tablespoons roughly chopped toasted almonds
- ¼ cup light mayonnaise
- ¼ cup nonfat plain yogurt
- 1 teaspoon mild curry powder
- pinch cayenne
- ¼ teaspoon salt
- ¼ teaspoon pepper

1. Place the peas, jicama, onions, and almonds in a bowl.
2. Combine the mayonnaise, yogurt, curry powder, cayenne, salt, and pepper. Add to the vegetables and mix well.

Nutritional Analysis per serving:

118 calories
3 g fat
21% calories from fat
0 g saturated fat
0% calories from saturated fat
18 g carbohydrates
161 mg sodium
7 g dietary fiber